

## ABSTRACT

To provide a pressure muscle strength increasing apparatus that allows accurate adjustment of the degree of blood flow restriction when a pressure muscle strength increasing method is carried out.

The pressure muscle strength increasing apparatus is comprised of a tight fitting device 100, a pressure setting segment 200, quantification segments 300, and a control segment 400. The tight fitting device 100 is wrapped around a predetermined range on a limb. The tight fitting device 100 has an air-tight gas bag. The compression force applied to the limb can be varied by supplying the air to and removing the air from the gas bag. The pressure setting segment 200 controls the supply and removal of the air into and from the gas bag. The quantification segment 300 is intended to be rest on the limb which the tight fitting device 100 is wrapped around on the distal side thereof to quantify a quantification target that varies depending on the increase and decrease of the compression force. The control segment 400 controls the pressure setting segment 200 based on the quantification target. As described above, the pressure muscle strength increasing apparatus automatically controls the compression force based on the quantification target.